



# DECEMBER

## STAY ACTIVE IN THE WINTER

[IowaHealthiestState.com](http://IowaHealthiestState.com)

#HealthyChoicesCount

### DID YOU KNOW?

Exercise increases aerobic fitness, strengthens muscles and bones, helps build immunity, makes weight control easier, and can improve sleep! Don't let the winter blues keep kids indoors!



### STRATEGY 4: Provide opportunities to get physical activity everyday

- **Active kids tend to be healthier kids.** Regular physical activity shouldn't stop just because it is cold outside. Continue to provide opportunities for physical activity - indoor or outdoor - throughout the winter season!

### ENJOY THE OUTDOORS

*There's no such thing as bad weather, only bad clothes!* Make sure kids are properly bundled up and head outside for some active winter fun:

- Go sledding
- Build a snowman
- Go for a nature walk
- Make snow angels
- Visit the playground
- Build a snow fort
- Have a snow ball fight
- Do an outdoor scavenger hunt



### STAY ACTIVE INDOORS

When you're stuck inside, keep kids off of screens and active with these indoor activity ideas:

- Rent a book from the library on the first day of break, provide an incentive for finishing before break ends
- Host a board game tournament
- Complete a puzzle
- Build a tent and camp in the living room
- Create a dance routine to your favorite song



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